



Prime Time News

September 2016

Fitchburg Senior Center
Volume VI Issue 9

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On Facebook!

Fitchburg Senior Center,
WI

Closed—Labor
Day—Sept. 5.

Learn To Waltz!

See pg. 7 for details



2016 Senior Center
Month Proclamation

Find Balance at Your Center

Find Balance at Your Center is this year's theme for National Senior Center Month. Every day older adults find balance and whole-person wellness at senior centers. Taking a painting class, attending a lecture series, volunteering or just visiting with friends are all ways to find balance. These opportunities and many more are available at the Fitchburg Senior Center!

We invite you to celebrate this special month with us by attending the Meet, Greet & Eat Social on September 22. See enclosed flyer for details. Transportation available upon request by calling 270-4290.



FSCF—Ice Cream Social-Sept. 3,4 & 5

FSCF Directors and Senior Center volunteers will be serving free ice cream at Eplegaarden's Old Fashioned Ice Cream Social on Labor Day weekend. Your donations will go to support Fitchburg Senior Center's "scholarships for activities for needy seniors". Also, on September 11, FSCF will be serving at the Eplegaarden Snack Stand for Grandparents Day. Bring the family for a picnic snack before or after picking your apples. Thanks to Betty Forest and family, and Rami Aburomia for their support of our fundraising efforts.

You Can Uke!

Give us ninety minutes and ten dollars.

We'll: Loan you a uke to use during the workshop

- Show you how to hold and strum a ukulele
- Explain G-C-E-A Tuning (My Dog Has Fleas)
- Teach you five chords - C, C7, Am, F, and G7.
- Practice switching between chords
- Play (and sing) some tunes

- Give you a handout to take home for further reference

Two options: Sept. 12 or Sept. 29 from 1:00—2:00 p.m.

Call 270-4290 to register and pay.

For other workshop topics covered stop by for flyer information or visit the Senior Center website at: www.fitchburgwi.gov/621/Senior-Center.



New Offerings For You!

P.2

Age Gracefully with Easy Yoga Plus



Learn ways to "age gracefully" through becoming aware of what your mind, body and spirit are telling you. You will leave class more relaxed and more in tune with what is required to keep yourself vibrant as you age.

Breathing techniques are a focus of yoga classes and will be incorporated with mindfulness practices. Yoga postures will be done either sitting or standing and will be planned to encourage improvement in your balance, flexibility and muscle strength.

Mats and props will arrive via the yoga-mobile for your class. This program has produced amazing results in senior circles. Classes are held 9-9:45am., September 13 - October 11. Six-week series is \$52. Don't let cost keep you from participating—See the front desk for scholarship information. Call 270-4290.

Are You Concerned About Falling?

September is Falls Prevention Month, and we encourage everyone to participate in a falls prevention activity.

On Tuesday, September 20 from 10:30 a.m. – 2:00 p.m., adults 60+ can attend "Only Leaves Should Fall", a half-day falls prevention event that will be held at the Boys and Girls Club of Dane County, 4619 Jenewein Rd., Fitchburg.

At "Only Leaves Should Fall", participants will learn about local falls-prevention programs/classes, receive screenings and reviews for blood pressure, cognitive function, medication, balance, home safety, and urinary incontinence; and participate in program demonstrations, such as Tai Chi and Stepping On. Participants leave with community resources and information about how to best prevent a fall. *Lunch is provided.* Transportation from specific pick-up locations is available as requested. There is a \$10 registration fee, but scholarships are available as needed. Please call Safe Communities at 608-441-3060 by Monday, September 12 to register.

Learning Annex— Henry Vilas Zoo

Tuesday, September 20 at 2:00 p.m.

Since 1904 the Henry Vilas Zoo in Madison has strived to conserve and protect the wonders of the living natural world. They hope to help build understanding between people and animals by promoting conservation and providing a high-quality recreational and educational experience to visitors in the Madison area. Come learn more from Allison Payne, Executive Director and some of her staff from "Friends of the Zoo". Hear more about the history of the zoo, the latest additions and plans for the future.

Join us for a Preview of 2017 Tours!

Sponsored by the Fitchburg Senior Center Friends

Sept. 29. 2:00–4:00 p.m.

- ◇ Arizona Spring Training Getaway
- ◇ Heritage of America- Washington D.C.
- ◇ Nova Scotia and the Canada's Maritimes
- ◇ Northern Wisconsin-Apostle Islands
- ◇ California Rail Discovery
- ◇ Cuba

**Early Booking Discounts! Refreshments!
Prizes!**

Call 270-4290 to reserve a space!



Groups



Men's Group

Join us for our next meeting on

Tuesday, September 13 at 2:00 p.m.

For more info log on to:

www.fitchburgseniorcenter.com

and click on Men's Group on the left side.



Active Women's Group Join us for our next meeting on



Tues., Sept. 27 at 2:00 p.m.

Social Hour from 1:00-2:00 p.m. before meeting.

For more info log on to:

www.fitchburgseniorcenter.com

and click on Active Women's Group.

Dine Out

Couples Dinner Group

September 20 we will be going to "Charlie's on Main," 113 S. Main St., Oregon, WI. Any couple who would like to join us should e-mail Bev Davis at bevbdavis@aol.com or call 608-467-3990.

Tech W/ David

Record Over-The-Air TV!

Learn how the Channel Master Hard Drive allows David Hill to record all the over-the-air TV he wants—all in high definition. Thinking of cutting the cable cord, but want the ability to record and watch TV when you want? The

Channel Master might be your new best friend! Full channel on-screen menu, record current series or just new episodes. This program is for new students that have not taken this class before.

Join David for a hands-on demonstration of his Channel Master recorder on Wednesday, September 28 at 10:30 a.m.

Call 270-4290 to register.

Find us on Facebook



SENIORS DIG TECH

Contact: David Hill (608)270-4292
david.hill@fitchburgwi.gov

Get the latest updates on tech trends that apply to you!
Missed one of David's tech classes? You can find it in full replay on this page!



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Fitchburg Singers Starting Soon!!

Join this wonderful group of men and women who love to share their joy of singing. Singers frequently entertain at various locations in Dane County. Practices held the 1st & 3rd Wed. at 1:00 p.m. **First practice is Sept. 7!** From beginner to professional, all voices welcome!!

Sign-up not required.

Art

Savings

Drawing & Painting Workshop



Relaxed, fun, supportive class setting where you will learn as you work with other Artists. One-on-one instruction and support is given on technique and composition.

- Work on the project of your choice with your supplies.
- Work in a 2-D medium that is non-toxic and odorless. Examples are: Pencil, Colored Pencil, Oil Pastel, and Water-based paint like Watercolor, Gouache, or Acrylic.

Tuesdays - Oct. 11,18, Nov. 1,8,15,29, & Dec. 6,13
from 1:00- 4:00 p.m.

Registration and payments to Fitchburg Senior Center. Call 270-4290 or stop by.

Five-Eight classes are \$15.00 each.
Individual classes are \$20.00 each.

Medicare Part D Open Enrollment

Open enrollment for 2017 Medicare Part D plans is October 15 - December 7, 2016. This is the time that Medicare beneficiaries who are enrolled in Part D plans can review their plan to determine if it will still be the most cost-effective in 2017. Because insurance companies can change their premiums, deductibles and co-pays, switching to a different plan often results in extra money in your pocket!

Another way to save money on prescription drugs is the Extra Help program. Extra Help reduces your drug costs by decreasing premiums, deductibles and co-pays for medications based on your income and assets. If you are single and your income is less than \$1,485 per month, and your assets are below \$13,640 you may qualify for Extra Help.

For help with Medicare Part D and/or the Extra Help program, call the Fitchburg Senior Center at 270-4290 and ask to speak with a Social Worker.

Cards With Katie

Join us for an afternoon of paper crafting on **Monday, September 12 at 1:00 p.m.** Stamp - cut - punch - glue - and have fun playing with paper.

For more details go to www.StampLadyKatie.com or log on to the Senior Center webpage.

Cost \$11.50.

Payment due to the Senior Center one week prior to class. You must call 270-4290 to register.



AARP Driver Safety

Monday, October 24 from 12:00-4:30 p.m.

Call 270-4290 to register early!

Check with your insurance agent to see if you qualify for a discount! Member \$15 / Non-member \$20. Bring member card & license.

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Diane Dillett, CLTC, LUTCF

diane@dilletcompany.com
www.dilletcompany.com

Book Clubs



REACH Book will resume on September 8, 2016 with a discussion of the book, *The Lowland* by Hhumpa Lahiri. Brothers Subhash and Udayan Mitra pursue vastly different lives~ Udayan in rebellion-torn Calcutta, Subhash in a quiet corner of America~until a shattering tragedy compels Subhash to return to India, where he endeavors to heal family wounds.

Other selections for the year are:

October: *The Language of Flowers* by Vanessa Diffenbaugh

November: *All Girl Filling Station's Last Reunion* by Fannie Flagg

December: *Gift from the Sea* by Anne Morrow Lindbergh (Classic)

January: *In the Lake of the Woods* by Tim O'Brien

February: *Leaving Time* by Jodi Picoult

March: *Station Eleven* by Emily St. John

April: *The Kitchen House* by Kathleen Grissom

May: *The Children's Blizzard* by David Laskin

June: Choose books for next year

REACH Book Club meets the 2nd Thursday of each month, September thru June at the *Fitchburg Senior Center* at 1:30 p.m.

P.L.A.T.O

Novels Old and New

Mondays from 1:00 to 3:00 p.m., at the Fitchburg Senior Center. We will read the following novels in order: *Sister Carrie* by Theodore Dreiser; *The Fixer* by Bernard Malamud, *The Harder They Come* by T.C. Boyle; *Euphoria* by Lily King; and *The Sparrow* by Mary Doria Russell.

First meeting will be on Monday, Sept. 26. For sign-up information, please call 262-5823 or email: info@platomadison.org

PLATO – Virginia Woolf

On Fridays, 10:00 a.m. -12:00 p.m., from Sept. 30 to Dec. 9 (excluding Nov. 25,) a PLATO (Participatory Learning and Teaching Organization) class will meet to discuss readings from Virginia Woolf

We will read the works of Virginia Woolf beginning with *Mrs. Dalloway* and select additional work.

For sign-up information, please call 262-5823 or email: info@platomadison.org

Mystery Book Club

The *I Love a Mystery Book Club* will meet on Thursday, September 22, 2016 at 1:30 p.m. at the **Fitchburg Senior Center**. (the 4th Thursday). We will discuss the book, *Now You See Me* by S. J. Bolton. Stumbling onto a murder scene that a reporter likens to the crimes of Jack the Ripper, young detective constable Lacey Flint races against time to prevent additional deaths and realizes that the killer is taunting her with secrets from her past.



Thursdays 3 - 6

www.fitchburgmarket.com

May—October

SPECIAL EVENTS 2016
 Strawberry Fest ♦ June 16
 Kids Fest ♦ July 21
 Summer Fest ♦ August 18
 Fall Fest ♦ September 15

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Drop-In Activities!!!!

Dominos—2nd & 4th Mon. @ 1:00 p.m.

Social Bridge—Mon. @ 10:00 a.m.

Cross Stitch—Thurs. @ 8:30 a.m.

Euchre—1st & 3rd Tues. @ 12:45 p.m.

Mahjong—1st Tues. @ 1:00 p.m.

Bingo—Thurs. @ 12:30 p.m.

Sheepshead—Thur. @ 1:00 p.m.

Scrabble—Fri. @ 2:00 p.m.

Ping Pong—Fri. 9:00 a.m.

Bunko—Wed. @ 1:00 p.m.

Open Art—3rd Mon. @ 1:00 p.m.

Cribbage—looking for players—call.

\$20 Blackout Bingo!! Sept. 8

Special sponsor:

Sponsor—Ruth Domack of

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\$20 jackpot!

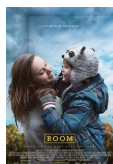
Game begins promptly at 12:30 p.m.



Don't Forget!

For weekly updates, visit our web page at
www.fitchburgwi.gov/621/Senior-Center

and then click on the YouTube link to
our channel to view "What's Happening
at the Fitchburg Senior Center."



Movie Day— Room

Fri. Sept. 16 at 12:40 p.m. 113 minute run time. 94% Rotten Tomatoes rating and FREE popcorn!!!



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Exercise Opportunities

P.7

Ping Pong

Friday – 9:00 a.m. Play in matches, it's fun!
Call David at 270-4292 for more details



Aerobics With Diane Fronek

Diane teaches Mondays and Wednesdays at 9:45 a.m.; Fridays at 8:30 a.m. is Diane on video. Class focuses on cardio, strength, and flexibility. Cost is \$20 per month.

Yoga W/ Kurt—Summer Sessions

Fall I—Sept. 12—Oct. 24. \$49—Seven weeks

Level one: 10:45 a.m.—12:00 p.m.

Level two: 9:15—10:30 a.m.

Call 270-4290. Payment due upon signup.



Functional Fitness

Monday, Wednesday and Friday from 11:00-11:30 a.m. Class is chair-based and focuses on strength, range of motion and balance. Cost is \$10 per month.



Pickle Ball

Every Tuesday. Advanced Play 8:30-10:30 a.m.
Beg./Inter. 10:30 a.m.—12:30 p.m. Open play
1:00-3:00 p.m. in the upper level.

Thursday Outdoor play at the Swan Creek or McGaw tennis courts. 9:00—11:00 a.m. All levels—two courts! Learn more about places to play and meet others: www.madcitypickleball.com



Tai Chi

Tai Chi Thursdays

8:30 a.m.

Cost—\$2 drop-in.



Zumba Gold w/ Jackie

Next session starts Sept. 2 for eight weeks.
\$50/drop-in \$7. 10:00-10:45 a.m.
Call 270-4290 to register.



Learn To Waltz

Mike and Deb Moe will be offering Waltz lessons starting Sept 23, 2016. Lessons are five weeks and go from 1:00-2:00 p.m. Cost: \$25 (pay the Senior Center). Singles and couples welcome. Call 270-4290 to sign up. For more info call/email Mike & Deb at 608-655-3250 or mmoea@aol.com.



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Transportation Services ^{P.8}

Meals—\$1 round-trip. Transportation provided to and from the Senior Center by Transit Solutions. Call the Senior Ctr. at 270-4290 to schedule a ride. Please indicate if wheelchair lift is needed.

Shopping—\$3.00 round-trip. Provided by Transit Solutions for general and grocery shopping on Tuesdays and Fridays. Call the Senior Center to schedule a ride. Check calendar for trip destinations.

Medical Appointments—Cost is a donation. Transportation provided by RSVP volunteer drivers. Call the Senior Center at 270-4290 **at least 5 business days in advance** to schedule a ride.

Shuttle Service— This service is used for medical ride requests that require wheelchair transport. Requested donation is \$10 round-trip. Call 270-4290 **3 business days in advance** to schedule a ride. Subsidy for this transportation is provided by FSC Friends.

Health, Help & Renewal

Footcare/Fingernail—

Home Health United. Offered 2nd & 4th Wednesday & 4th Monday. Cost is \$20 & \$10. Call the Center for an appointment.

Must provide
2 towels.

Pre and Diabetic Footcare

September 16

The cost of this clinic is \$28. Please call 270-4290 to schedule an appointment.

Blood Pressure

Ruth Mueller, R.N. B.S. Offered at no charge the third Thursday of each month
10:30-11:30 a.m.
No appt. needed.

Massage Therapy

June Newman
LMT,NCTMB.
Mon./Thurs.
Afternoons

Massage/ Reflexology

Gregory Newman
LMT,NCTMB.
Wed. Afternoons

Massage

Denny Ginko
Call for
dates/times

Cost:

\$30 for 30 min.
\$50 for 60 min.
\$70 for 90 min.

Cancellations must be
made 24 hrs in advance to
avoid being charged.

Call 270-4290



Caregiver Support

If you are caring for a loved one with dementia, you are not alone.
Join us on Thursday, Sept. 8 at 10:00 a.m.

Senior Center Help

- ♦ Home visits
- ♦ Loan Closet
- ♦ Meals on Wheels
- ♦ Home Health
 - ♦ Insurance
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Class Registration/Payment

Class: _____

Name: _____

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City & Zip: _____

Phone: _____

Email: _____

Cash: _____

Check: _____

Program Cancellation Policy: Class payments must be received seven days prior to the start of class.

Certain classes require a minimum attendance. If your cancellation puts the class attendance under the minimum, a refund may not be possible.

2016 Newsletter Subscription \$10

Name: _____

Address: _____

City & Zip: _____

Phone: _____

The cost to have the *Prime Time*, the Senior Center's monthly newsletter, delivered to your home for the year 2016 is \$10. Please complete this form and return it with payment to the Senior Center. Checks should be made out to the Fitchburg Senior Center. You can also pick up the newsletter for free or have it emailed to you. Call David for details.

Return to: 5510 E. Lacy Rd. Fitchburg, WI 53711



Please Come To the Travel Show

Thursday, September 29

2:00 – 4:00 p.m.

Six Tours for 2017 will be featured

You are invited to attend the Ice Cream Social at Eplegaarden September 3, 4, & 5



Saturday – 9am - 5pm

Sunday – 11am - 5pm

Monday -- 9am – 5 pm

Ice Cream is free. Donations will go to support Fitchburg Senior Center's "scholarships for senior programs"

Grandparents Day at Eplegaarden Sunday, September 11

11 am – 5 pm

Come celebrate a multigenerational day of fun for everyone. FSCF volunteers will be staffing the Eplegaarden snack stand. Bring the whole family for a picnic snack before and after picking your favorite apples.



Foot Care Volunteer Needed

The Senior Center is looking for a volunteer to help with foot care. The position requires a bit of lifting, but primarily taking reservations for future appointments. If interested, please call the Volunteer Coordinator—Mandi Miller at 270-4293.

Fitchburg Senior Center
5510 East Lacy Road
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608-270-4290

www.fitchburgwi.gov



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David Hill, Assistant Director
Mandi Miller, Nutrition Site
Mgr/Volunteer Manager
Amy Jordan, Social Worker
Sarah Folkers, Social Worker
Susan Hoerchner, Office Asst.



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	Salad Option Thursdays (Salads are dine-in only) 8 th - Garden 15 th - Taco 22 nd - Chef 29 th - Chicken Ranch *Meal has pork product		Thursday 1 Chicken Cacciatore Brussel Sprouts Diced Peaches Multi Grain Bread Sherbet VO-Vegetarian Sauce	Friday 2 *Meatloaf Mash PotatoGravy Tossed Salad w/ Tomato &Dressing Pear Slices W.W. Bread VO-Veggie Patty
Monday 5	Tuesday 6	Wednesday 7	Thursday 8	Friday 9
	Sloppy Joe on Bun Broccoli Flowerets Coleslaw Fruit Cup Ice Cream VO-Meatless BBQ	*Chicken Cordon Blue Rice Blend Baby Carrots Fresh Fruit Dinner Roll Cake VO-Rice Casserole	Potato Beef Casserole Green Beans Apple Juice W.W. Bread Cherry Crisp VO-Veggie Noodle	Stuffed Green Pepper Soup Turkey & Cheese on Rye w/Lettuce & Tomato Mandarin Orange Cookie VO-Veg. Soup, Cheese Sandwich
Monday 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16
Salisbury Steak Mashed Potatoes Carrots Fruit Cocktail Rye Bread Cookie VO-Salisbury Veggie Patty	W.W. Spaghetti w/ Meat Sauce Mixed Greens w/Tomato& Dressing Pears Garlic Bread. VO-Meatless Sauce	Baked Fish Rice Pilaf California Blend Fresh Fruit W.W. Bread Jello VO- Rice Pilaf	Chicken Broccoli Rotini Salad V-8 Juice Peach Slices Dinner Roll VO-Cheese Broccoli Rotini	*Buffet Ham Sweet Potatoes Pickled Beets Tropical Fruit Dinner Roll Lemon Bars VO-Hummus Wrap w/Veggies
Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23
*Brat/Bun Baked Beans Apple Cookie VO-Veggie Dogs	Pizza Casserole Italian Green Beans Grape Juice Croissant Strawberry Short Cake VO- Veggie Pizza Casserole	Pork Roast/Gravy Mashed Potatoes Roasted Root Veg. Chunky Applesauce W.W. Roll Pumpkin Bars V.O. Cottage Cheese W/ Fruit	Chicken Salad on Bun w/Lettuce Carrot Salad Fruit Cup Cookie VO- Egg Salad on Bun	Three Cheese Lasagna California Mix Fresh Orange Bread Stick Sherbet
Monday 26	Tuesday 27	Wednesday 28	Thursday 29	Friday 30
Tomato Barley Soup Hot *Ham &Swiss Croissant Fruit Bar VO- Cheese Sandwich	Roast Beef/Gravy Roasted Red Potato Roasted Vegetables Jell-O w/Peach Slices Multi Grain Bread VO-Veggie Patty	Meat Spaghetti Peas Banana Garlic Bread VO-Meatless Sauce	Shrimp Pasta Salad German Cucumbers Apricots Half W.W. Bread Ice Cream VO-Pasta Salad w/Cheese	Swiss Steak Rice Mixed Greens w/Tomato Fresh Fruit Mix W.W. Bread Cookie VO-Swiss Mix over Rice

September 2016

Senior Center Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																											
<div>Aug 2016</div> <table><tr><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th><th>S</th></tr><tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr><tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr><tr><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td></tr><tr><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td></tr><tr><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td><td></td></tr></table>	M	T	W	T	F	S	S	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31					<div>Oct 2016</div> <table><tr><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th><th>S</th></tr><tr><td></td><td></td><td></td><td></td><td></td><td>1</td><td>2</td></tr><tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr><tr><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr><tr><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td></tr><tr><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td></tr><tr><td>31</td><td></td><td></td><td></td><td></td><td></td><td></td></tr></table>	M	T	W	T	F	S	S						1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31								<div>1</div> <div>8:30 AM Cross Stitch</div> <div>8:30 AM Tai Chi</div> <div>9:00 AM Outdoor Pickleball</div> <div>10:00 AM FSC Friends</div> <div>12:30 PM Bingo!!</div> <div>1:00 PM Sheepshead</div>	<div>2</div> <div>8:30 AM Aerobics</div> <div>9:00 AM Ping Pong</div> <div><u>10:00 AM Shop-Copps</u></div> <div>10:00 AM Zumba</div> <div>11:00 AM F-Fitness</div> <div>2:00 PM Scrabble</div>
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<div>5</div> <div>Labor Day - Closed</div>	<div>6</div> <div>8:30 AM Pickleball</div> <div>8:30 AM Quilters</div> <div>9:30 AM Shop-Walmart</div> <div>12:45 PM Euchre</div> <div>1:00 PM Mahjong</div>	<div>7</div> <div>8:30 AM Aerobics</div> <div>9:45 AM Aerobics</div> <div>10:00 AM Bike Club</div> <div>11:00 AM F-Fitness</div> <div>1:00 PM Bunko</div> <div>1:00 PM Singers</div>	<div>8</div> <div>8:30 AM Cross Stitch</div> <div>8:30 AM Tai Chi</div> <div>9:00 AM Outdoor Pickleball</div> <div>10:00 AM Caregiver Support</div> <div>12:30 PM Bingo!!</div> <div>1:00 PM Sheepshead</div> <div>1:30 PM Book Club</div>	<div>9</div> <div>8:30 AM Aerobics</div> <div>9:00 AM Ping Pong</div> <div>10:00 AM Zumba</div> <div>11:00 AM F-Fitness</div> <div>2:00 PM Scrabble</div>																																																																																											
<div>12</div> <div>8:30 AM Aerobics</div> <div>9:00 AM Yarn Group</div> <div>9:45 AM Aerobics</div> <div>10:00 AM Bridge</div> <div>11:00 AM F-Fitness</div> <div>1:00 PM Dominos</div>	<div>13</div> <div>8:30 AM Pickleball</div> <div>8:30 AM Quilters</div> <div>9:30 AM Shop-Woodmans</div> <div>10:00 AM Hookers</div> <div>10:45 AM Library Shuttle</div> <div>2:00 PM Men's Group</div>	<div>14</div> <div>8:30 AM Aerobics</div> <div>9:00 AM Footcare</div> <div>9:45 AM Aerobics</div> <div>10:00 AM Bike Club</div> <div>11:00 AM F-Fitness</div> <div>1:00 PM Bunko</div>	<div>15</div> <div>8:30 AM Cross Stitch</div> <div>8:30 AM Tai Chi</div> <div>9:00 AM Outdoor Pickleball</div> <div><u>10:30 AM Blood Pressure- walk in.</u></div> <div>12:30 PM Bingo!!</div> <div>1:00 PM Sheepshead</div>	<div>16</div> <div>8:30 AM Aerobics</div> <div>9:00 AM Ping Pong</div> <div><u>10:00 AM Shop-Copps</u></div> <div>10:00 AM Zumba</div> <div>11:00 AM F-Fitness</div> <div>12:40 PM Movie Day</div> <div>2:00 PM Scrabble</div> <div>Diabetic Footcare</div>																																																																																											
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Fitchburg Senior Center
Invites You To
Meet, Greet & Eat
Senior Social
September 22, 2016
4:00 PM – 6:30 PM

Celebrating National Senior Center Month



**Hors d'oeuvres, Beverages and Prizes Compliments
Of the Fitchburg Senior Center Friends**

